

ENG

Experienced a traumatic event

Holbæk Sygehus, Akutafdelingen



Holbæk Sygehus
Akutafdelingen
Smedelundsgade 60
4300 Holbæk

E-mail: hol-akut@regionsjaelland.dk

Afdelingstelefon: 59 48 38 00

Skadetelefonen: 1818

www.holbaeksygehus.dk/afdelinger/akutafdeling

No. 15. May 2023

REGION SJÆLLAND
HOLBÆK SYGEHUS
- vi er til for dig

The initial reaction

You have just been through a traumatic experience. You may be all right and feel that you are in full control of yourself. Most of all, you may wish to put it all behind you. On the other hand, you may also feel that everything seems chaotic.

Reactions to expect

Over the coming days, you may experience short periods with both mental and physical symptoms.

You may feel anxiety and restlessness, become irritable, angry or jumpy or re-experience the stressful event with flashbacks, hallucinations or other vivid feelings of the event happening again.

You could feel drained of energy, or lack the initiative to get even simple things done. You may also be subjected to insomnia or sleeping poorly, maybe with nightmares.

Physical symptoms experience might include:

- dizziness
- nausea
- loss of appetite
- stomach-ache
- headache
- palpitations

Many think about how this incident could have been avoided.

Maybe blaming themselves and feeling an unjustified guilt for the occurrence of the incident.

What can you do yourself?

Often there is a need to talk about the experience over and over again. This is a recommended way to get to grips with the incident.

Talk to your family and friends about the event and your feelings.

If possible, we also recommend that you talk to others, who have been subjected to or involved in the same or similar incident.

We do not recommend that you isolate yourself.

Medicine

If you have problems falling asleep, you could take a sleeping pill for the first few nights. You should not utilise tranquillisers or sleeping pills over an extended period of time, as this may impede that you work out the problems properly.

You could consider talking to your doctor.

Self-treatment

By own means and through the support from family and friends, most people will be able to work their way through the troublesome period, which follows a traumatic

incident. Some people may require further support or other kinds of assistance than the people surrounding them can offer.

If you do not feel an improvement in your condition in the course of a few days, you should contact your doctor.

Crisis counselling

Please note that some Falck-subscriptions gives access to free crisis counselling.

Questions

You are quite welcome to contact Skadetelefonen on tel. 1818 or your doctor, if you are in doubt of any aspect of the treatment.